



<b>Diabetic Miralax with Magnesium Citrate</b>		
<b>Date:</b>	<b>Time:</b>	<b>Physician:</b>
<b>Location:</b> Southwest Endoscopy <b>7788 Jefferson St NE, Albuquerque, NM 87109</b>		
Please call to confirm appointment 505-999-1600		

**The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.**

You can reach your physician’s office at: 505-999-1600

**NO SHOW:** Any patient who fails to keep their scheduled procedure will be charged a \$100.00 fee. The fee must be paid prior to rescheduling any appointments.

**Cancellations:** must be made 72 business hours prior to your scheduled procedure. Any cancellation made less than 72 business hours will be charged \$100.00. For Monday appointments, cancellations must be made by noon on the preceding Friday. This fee will have to be paid prior to rescheduling the appointment.

**Changes in Health Status:** Please contact our office for evaluation if you have had any significant changes in your health status between the time your procedure was scheduled and your procedure date. Significant changes can include a heart attack or starting a new anticoagulant (blood thinners). Please also contact our office if you develop or are experiencing flu-like or COVID related symptoms.

Examples of blood thinning medication include; Arixtra (fondaparinux), Beryxxa (betrixaban), Brillinta (ticagrelor), Coumadin (warfarin), Effient (prasugrel), Eliquis (apixaban), Plavix (clopidogrel), Pradaxa (dabigatran), Savaysa (edoxaba), Ticlid (ticlopidine), Xarelto (rivaroxaban)

If you recently started taking any medications listed above, please contact our office immediately at 505-999-1600.



# DIABETIC MIRALAX WITH MAGNESIUM CITRATE




## Shopping List

### 1 week prior to your procedure purchase the following:

- 1 bottle of over-the-counter Miralax Powder, 8.3 oz. – No prescription is needed for Miralax
- Dulcolax (Get Bisacodyl NOT Sodium) Laxative 5mg tablets (4 tablets)
- 1 bottle of Magnesium Citrate (10 oz)
- 64 oz. Gatorade Zero (Sugar free) or G2 (Less sugar) – No red or purple
- Optional for a sore bottom – plain or aloe baby wipes, Desitin, A&D ointment or Vaseline
- Clear liquids



# DIABETIC MIRALAX WITH MAGNESIUM CITRATE

7 days prior to procedure	3 days prior to procedure	2 days prior to procedure	1 day prior to procedure	Day of procedure
<p><b>Special Notes:</b> Let us know if you are on any of the following blood thinners: Plavix, Coumadin, Effient, Pradaxa, Eliquis, Xarelto or other blood thinning medications.</p> <p><b>STOP:</b> iron supplements or vitamins that contain iron</p> <p><b>STOP:</b> fish oil, krill oil or shark oil supplements.</p>	<div style="text-align: center;"></div> <p><b>STOP</b> eating any vegetables, fruits, or corn. No foods that contain seeds like tomatoes, green chile or sesame seed buns.</p> <p>You can eat meat, fish, rice, pasta, breads without seeds, peanut butter, eggs, cheese and cereal.</p> <p>Purchase clear liquid diet items, ointment, reading material, etc.</p>	<div style="text-align: center;"></div> <p>Continue to avoid vegetables, fruits, or corn. No foods that contain seeds like tomatoes, green chile or sesame seed buns.</p> <p>Confirm arrangements with your driver.</p> <p><b>Prep at a Glance</b> <b>5:00 pm</b> drink 10oz of the Magnesium Citrate</p>	<p><b>NO SOLID FOODS, CLEAR LIQUIDS* ONLY</b> upon rising, until after your procedure. A clear liquid diet is necessary for a colonoscopy. Alcohol is not permitted.</p> <p><b>Prep at a Glance</b> <b>12:00 pm</b> take 4 Dulcolax <b>5:00 pm</b> take 32oz of prep solution</p> <p>Drink plenty of water and liquids throughout the day to avoid dehydration.</p> <p>Detailed, step-by-step instructions continue on page 4</p>	<p>8 hours prior to your procedure</p> <p>Begin drinking the remaining 32oz of prep solution.</p> <p>*Remember, you will not have any solid foods this day.</p> <p>You should be completed with your remaining 32oz of prep solution by <b>6 hours prior</b> to your procedure except for your usual medication with no more than 2 oz of water 2 hours prior to your procedure.</p> <p>Do not skip heart, blood pressure or seizure medications.</p>
<p><b>*Clear Liquid Diet Details: NO RED or PURPLE. NO DAIRY</b></p>			<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p><b>Approved</b></p> <p>Sodas, coffee, tea Clear juices, fitness waters Popsicles without pulp Chicken, vegetable, and beef broth Gelatin</p> </div> <div style="text-align: center;"> <p><b>Avoid</b></p> <p>No milk/dairy No juices with pulp No RED or PURPLE</p> </div> </div> <div style="text-align: center; margin-top: 10px;">  </div>	
<p><b>Approved</b></p> <p>Sodas, coffee, tea Clear juices, fitness waters Popsicles without pulp Chicken, vegetable, and beef broth Gelatin</p>				

# DIABETIC MIRALAX WITH MAGNESIUM CITRATE

---

# DIABETIC MIRALAX WITH MAGNESIUM CITRATE

## Prep Day: Two days before your procedure

Drink plenty of water throughout the day to avoid dehydration.

1

**5:00 PM** two days prior to your procedure

Drink the entire bottle of Magnesium Citrate. You may mix it with sprite, 7-Up or Ginger Ale.

If you have **Congestive Heart Failure** or have **Kidney-Renal Failure** **DO NOT** drink.



**No solid foods** after midnight until after your procedure. Drink plenty of water to avoid dehydration.

## Prep Day: The day before your procedure

2

**12:00 PM** the day prior to your procedure

Pour the 64 oz. (1/2 gallon) of Gatorade into a pitcher and chill in the refrigerator. *\*you will not drink the mixture until step 5*



3

**12:00 PM** the day prior to your procedure

Take 4 (5mg) Dulcolax tablets with a glass of water. *\*Please note you will only need 4 tablets total*



4

**5:00 PM** the evening prior to your procedure

Mix together the **ENTIRE BOTTLE** (8.3oz/238g) of Miralax with **64 oz.** of chilled Gatorade.



5

**5:00 PM** the evening prior to your procedure

Drink an 8 oz. glass of the solution every 10-15 minutes until you have finished drinking **HALF OF THE MIXTURE (32 oz.)**.



*Individual responses to laxatives vary. This preparation will cause multiple bowel movements, stay close to a bathroom.*

## DIABETIC MIRALAX WITH MAGNESIUM CITRATE

### Prep Day: The day of your procedure

6

#### 8 hours prior to your procedure

Drink the **OTHER HALF OF THE MIXTURE (32 oz.)** Drink an 8 oz. glass of the solution every 10-15 minutes **until gone**. **You must finish the entire prep, even if your bowels are already clear.**



# DIABETIC MIRALAX WITH MAGNESIUM CITRATE

## THE DAY OF THE PROCEDURE

All patients are required to check in for your procedure 60 minutes prior to the procedure time. If your procedure is scheduled for 7 AM, please check in at 6:15 AM. Our office opens at 6:15 AM. You should plan for your visit to take between 2-3 hours.

Start drinking the second dose of the prep 8 hours prior then nothing by mouth for 6 hours prior to your procedure.

TAKE YOUR BLOOD PRESSURE MEDICATIONS, HEART MEDICATIONS, OR SEIZURE MEDICATIONS AS PRESCRIBED WITH A SMALL SIP OF WATER (no more than 2oz) NO LATER THAN 2 HOURS PRIOR TO YOUR PROCEDURE OR YOUR PROCEDURE WILL BE CANCELED. YOU CANNOT HAVE CHEWING GUM, HARD CANDY, OR TOBACCO PRODUCTS THE DAY OF YOUR PROCEDURE.

You must arrange to have a responsible adult (18 or older) come with you to your procedure to drive you home. You are not allowed to drive, take a bus, or leave the facility alone. Your driver does not need to stay at our facility during your procedure but needs to remain reachable by phone. The staff will call your driver 30 minutes before you are ready to be discharged.

- You will need your current insurance card, picture ID, and copayment.
- If you are female under age 50 you may need to submit a urine specimen for a pregnancy test.

**Your Patient Advisor will call you from a 913-area code to help you with your prep information and, optionally, order a prep kit – you may choose to purchase your prep items over the counter if you desire. If you have any questions or concerns about the preparation,** please contact Your Patient Advisor by calling [800-349-0285](tel:800-349-0285) or emailing [support@yourpatientadvisor.com](mailto:support@yourpatientadvisor.com).

### Your Patient Advisor Customer Service Hours:

Monday through Thursday from 6:00 am – 9:00 pm MT

Friday from 6:00 am – 4:00 pm MT

Saturday from 9:00 am – 3:00 pm MT

Sunday from 11:00 am – 7:00 pm MT

# DIABETIC MIRALAX WITH MAGNESIUM CITRATE

## Diabetic Medication and Diet Instructions for Colonoscopy

The following information is both diet and medication recommendations for our diabetic patients undergoing endoscopic procedures. These are general guidelines. Please contact your healthcare provider who manages your diabetes for questions.

**For people with diabetes, any procedure that causes you to miss a meal or change your usual meal plan will require special planning to safely manage your blood sugar levels.**

- Schedule the appointment for early in the day so that you can eat afterwards and take your medication as close to the usual time as possible.
- Check your blood glucose level before all meals and at bedtime on the preparation day and on the day of the procedure.
- Check your blood glucose if at any time you have symptoms of low blood glucose or very high blood glucose.

### **DIET: Clear liquid food choices for the day before your colonoscopy:**

Aim for 45 grams of carbohydrate at meals and 15-30 grams of carbohydrate for snacks. Avoid anything that is colored RED, ORANGE, or PURPLE. Look for CLEAR, YELLOW, or GREEN flavors (examples: lemon, lime, apple, white grape, peach, banana).

<b>Food Item:</b>	<b>Grams of Carbohydrate:</b>
1. *Ensure Active Clear (4 ounces)	18
2. *Clear Boost Breeze (4 ounces)	27
3. clear apple juice (not cider) (4 ounces)	15
4. white grape juice (4 ounces)	20
5. Jell-O (gelatin), regular sweetened (1/2 cup)	17
6. popsicles or ice pops (read label)	15
7. Italian ice (1/2 cup)	16
8. sugar (for coffee or tea) (1 teaspoon or packet)	4
9. fat-free broth, bouillon, or consommé	0
10. diet clear soda	0
11. coffee	0
12. tea, unsweetened or diet	0
13. Seltzer	0
14. flavored water	0

\*May not be available locally but can be purchased online. Check your local pharmacy



# DIABETIC MIRALAX WITH MAGNESIUM CITRATE

## SAMPLE MENU- Avoid foods that are colored red, orange, or purple

Breakfast	Lunch	Dinner
Apple or white grape juice (1 cup) Regular sweetened Jello (1/2 cup) Tea with lemon	Broth Italian ice (1cup) Tea with lemon Regular sweetened Jello (1/2 cup)	Broth Apple or white grape juice (1 cup) Tea with lemon Regular sweetened Jello (1/2 cup)

## Bowel Prep Frequently Asked Questions

### **What is a clear stool?**

A clear stool can have a slight tint of yellow or brown. It will be completely transparent and will not contain any solid matter.

### **I am not having bowel movements, what should I do?**

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on call physician for further instructions.

### **The prep is making me nauseous, what should I do?**

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

### **What are some high fiber foods I should avoid?**

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads and beans and lentils.

### **What are some good options for low fiber foods?**

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

### **If I eat popcorn or seeds 3 days before my procedure do I need to reschedule?**

You will not need to reschedule your procedure; however the seeds or nuts may cause difficulty in screening and require a need for rescreening. If you have eaten a large number of seeds or nuts, you may want to contact the nurse or physician.

### **Can I drink ALCOHOL on the liquid diet?**

Alcohol is not allowed as part of the liquid diet.

### **Can I continue to be on the liquid diet after I begin consuming the laxatives?**

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 6 hours prior to the procedure.

### **Why do I have to wake up so early for the 2<sup>nd</sup> dose, can't I take it all the night before?**

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

### **If I weigh under 100 pounds, do I need to take all of the prep?**

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

# DIABETIC MIRALAX WITH MAGNESIUM CITRATE

## DIABETIC MEDICATIONS

### DAY PRIOR TO PROCEDURE (Preparation Day)

Follow the clear liquid described above and adjust your medications as follows:

If you take-	Morning	Lunch/Dinner	Bedtime
<ul style="list-style-type: none"> <li>• Glucophage(metformin)</li> <li>• Januvia</li> <li>• Janumet</li> <li>• Byetta,Tradjenta</li> <li>• Onglyza</li> <li>• Invokana</li> </ul>	<ul style="list-style-type: none"> <li>• Avandia</li> <li>• Avandamet</li> <li>• Actos (pioglitazone)</li> <li>• ACTOplus Met (pioglitazone &amp; metformin)</li> <li>• Farxiga</li> </ul>	<p>Take your usual dose</p>	<p>Take your usual dose</p>
<ul style="list-style-type: none"> <li>• Glucotrol</li> <li>• Glucotrol XL</li> <li>• Micronase (glyburide)</li> <li>• Glucovance (glyburide and metformin)</li> <li>• Jardiance</li> <li>• Metaglip (glipizide&amp; metformin HCl)</li> </ul>	<ul style="list-style-type: none"> <li>• Prandin (repaglinide)</li> <li>• Starlix (nateglinide)</li> <li>• Victoza, Amaryl (glimepiride)</li> <li>• Avandaryl</li> <li>• DiaBeta</li> <li>• Glynase</li> <li>• Duetact (pioglitazone &amp; glimepiride)</li> </ul>	<p>Do not take</p>	<p>Do not take</p>
<ul style="list-style-type: none"> <li>• Lantus</li> <li>• Levemir</li> </ul>	<p>Take your usual dose</p>		<p>Take your usual dose</p>
<ul style="list-style-type: none"> <li>• Humalog</li> <li>• Novolog</li> <li>• Regular Insulin or NPH Insulin</li> </ul> <p>If you use insulin sliding scale, then you may continue using it.</p>	<p>Take ½ the usual amount if you take a fixed dose— OR— Cover your carbs with your usual carb ratio.</p>	<p>Take ½ the usual amount if you take a fixed dose— OR—Cover your carbs with your usual carb ratio.</p>	
<p>Premixed insulin; 75/25, Novolin 70/30 or Novolog Mix 70/30</p>	<p>Take ½ the usual dose at breakfast</p>	<p>Take ½ the usual dose at dinner.</p>	

# DIABETIC MIRALAX WITH MAGNESIUM CITRATE

## DAY OF PROCEDURE

Do not make up or “double up” on any missed medication after the procedure

If you take-	Morning	Lunch/Dinner	Bedtime
<ul style="list-style-type: none"> <li>• Glucophage(metformin)</li> <li>• Januvia</li> <li>• Janumet</li> <li>• Byetta,Tradjenta</li> <li>• Onglyza</li> <li>• Invokana</li> </ul>	<ul style="list-style-type: none"> <li>• Avandia</li> <li>• Avandamet</li> <li>• Actos (pioglitazone)</li> <li>• ACTOplus Met (pioglitazone &amp; metformin)</li> <li>• Farxiga</li> </ul>	DO NOT TAKE	DO NOT TAKE
<ul style="list-style-type: none"> <li>• Glucotrol</li> <li>• Glucotrol XL</li> <li>• Micronase (glyburide)</li> <li>• Glucovance (glyburide and metformin)</li> <li>• Jardiance</li> <li>• Metaglip (glipizide&amp; metformin HCl)</li> </ul>	<ul style="list-style-type: none"> <li>• Prandin (repaglinide)</li> <li>• Starlix (nateglinide)</li> <li>• Victoza, Amaryl (glimepiride)</li> <li>• Avandaryl</li> <li>• DiaBeta</li> <li>• Glynase</li> <li>• Duetact (pioglitazone &amp; glimepiride)</li> </ul>	DO NOT TAKE	Resume your usual dose if eating
<ul style="list-style-type: none"> <li>• Lantus</li> <li>• Levemir</li> </ul>	Take ½ the usual dose		Resume your usual dose
<ul style="list-style-type: none"> <li>• Humalog</li> <li>• Novolog</li> <li>• Regular Insulin or NPH Insulin</li> </ul> <p>If you use insulin sliding scale, then you may continue using it.</p>	DO NOT TAKE	Resume your usual dose if eating	
Premixed insulin; 75/25, Novolin 70/30 or Novolog Mix 70/30	DO NOT TAKE	Resume your usual dose if eating	